Proviſion

FOR THE

POOR

In time of

Dearth and Scarcity.

WHERE

There is an Account of ſuch FOOD as may be eaſily gotten when CORNS are Scarce, or unfit for Uſe:

AND

Of ſuch MEATS as may be uſed when the ordinary PROVISIONS Fail, or are very Dear.

Writen for the Relief of the *Poor*,
By a *Doctor of Medicine*.

Omnia quæ miſeras poſſunt finire querelas,
In promptu voluit candidus eſſe Deus.

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To the Reader.

GOD *Almighty our Gracious Father, by whose Goodneſs we Live, Move, and have our Being; requireth of us, a due Care for the Relief of the Poor: This is one of the Tributes we owe to Him, and he hath Diſperſed the Poor amongſt us, as his Subſtitutes and Receivers, to whom it is to be payed. What is done to them, he holdeth as done to him; and in theſe Terms, is the Bleſſed Sentence of Abſolution and Eternal Salvation pronounced in the Great Day of Judgement. This Charity to the Poor, as it is an Act of great Piety to GOD: ſo it is an Act of the greateſt Humanity amongſt Men; and who conſidereth it a right, will find it to be an Act of the greateſt Policy and civil Prudence: For Poverty and Want Emaſculate the Mindes of many, & make thoſe who are of dull Natures, Stupid and Indiſciplinable. and unfit for the Service of their Countrey; theſe that are of a firy and active Temperament, it maketh them unquiet, Rapacious, Frantick or Deſperate. Thus, where there are many Poor, the Rich cannot be ſecure in the Poſſeſſion of what they have. Therefore it is good Policy to prevent the Miſchiefs that may follow much Want in the Country. And ſuch Conſiderations ought*

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now to be laid to Heart, when the Bad Seasons these several Years past, hath made so much Scarity and so great a Dearth, that for Want, some Die by the Way-side, some drop down on the Streets, the poor sucking Babes are Starving for want of Milk, which the empty Breasts of their Mothers cannot furnish them: Every one may see Death in the Face of the Poor, that abound every where; the Thinness of their Visage, their Ghastly Looks, their Feebleness, their Agues and their Fluxes threaten them with sudden Death, if Care be not taken of them. And it is not only common wandering Beggars, that are in this Case; But many House-keepers, who lived well by their Labour and their Industrie, are now by Want, forced to abandon their Dwellings, & they and their little Ones must Beg; and in this their Necessity they take what they can get: Spoiled Victual; yea some eat these Beasts which have Died of some Disease, which may occasion a Plague amongst them. In such a Calamity as this, which doth threaten All, every Man should give some Relief to the Poor, and I think that it may do some good to show, what Products of our Countrey may be used for Nourishment in this pressing Exigence, which are noticed by very few: I shall give Account of these, which the Writers upon Aliment allow to be Nourishing by the Experience hath been made of them. GOD hath Bountifully bestowed many

such

such upon us, the meaneſt of them are uſed by other People, and we are to blame if in time of Scarcity, we make not uſe of them: Many may ſubſiſt by them, till GOD ſend Plenty of better Food. I ſhall firſt ſhow the Plants we have fit for Nouriſhment: then the Animals. If ſome of theſe be thought to affoord little Nouriſhment, it muſt be remembered, our Deſign is not to make people Full and Wanton but to provide them with what may keep in their Lives. God of his Mercy grant, that what is ſaid of this, may anſwer the End deſigned.

Provision for the Poor, &c.

CHAP. I.

Of the Food may be gotten from other Vegetables when Corns and Legums are Scarce and Dear.

THe first Food Men had, was of Vegetables; and many are of Opinion, that they were all the Food they used till the Flood of *Noah*. This the Poet (*a*) giveth as the common Sentiment of Mankind.

Panis erant primis, virides mortalibus herbæ
Quas tellus nullo solicitante dabat.
Et modo carpebant vivax e cespite gramen
Nunc epulæ, tenera fronde cacumen erat.
Postmodo glans nata est, bene erat jam glande reperta
Duraque magnificas Quercus habebat opes.

Poor Mortals first on the green Herbs did feed,
Which the kind Earth without their Labour bred,
Now buds of Trees, and then the Grass they pow'd,
Thereafter Acorns were their sumptuous Food.

Millions of People still, in the *East-Indies*, use no other Food but Vegetables, and live well

(*a*) Ovid. *Fastorum lib.* 4.

well upon them; and the *Romans* for 600. Years fed much upon Pulſe; and the *Egyptians* yet feed much on Peaſe, Lentils and White Cicers; and the *Turks* and *Perſians* upon Rice. The *Iriſh* make much uſe of the Batatas Root boiled, and they make much uſe of the common purple Trifoil or Hony ſuckle Trifoil, they call Chambroch, & grow ſtrong with it. The *Thracian* Women liv'd on Milk and Nettles. The *Perſians* eat Creſſes, or wild Mint with their Bread.

The Balagan or Nipplewort, call'd *Lampſana*, and by *Pliny*, *Lapſana* (*b*), doth keep in the Life, & by it *Cæſar's* Army was ſuſtained during the Siege of *Dyrrachium*. Thus ſome things of ſmall Nouriſhment will allay Hunger.

Vile olus & duris hærentia mora rubetis
Latrantis ſtomachi compoſuere famem (*c*).
The meaneſt Pot-Herb and the Bramble Fruits
The preſſing Groans of Hunger doeth appeaſe

And *Pliny* ſayeth (*d*), *Quædam exiguo guſtu famem ſitimque ſedant; ut Butirum, Hippace, Glycirhiza.* Some things by a ſmall Taſte of them, allay Hunger and Thirſt, and perſerve the Strength and Ability of the Body as Butter & the Cheeſe made of Mares Milk (which the *Schythians* uſed for that purpoſe

(b) *Plin. Hiſt. Nat: lib.* 19. *Cap.*
(c) *Petron: Arb: Fragm:*
(d) *Plin. Hiſt. Nat: lib.* 21. *Cap. ult.*

)oſe) and *Liquorice.* The Hiſtorian *Dion* n the Life of *Severus* (*e*), where he treateth)f the Ancient *Britains* writeth of them, hat they indured much Hunger and Cold, & ed in the Woods upon the Barks & Roots)f Trees, and upon all occaſions, they had ſort of Meat, of which, if they took but he bigneſs of a Bean, they neither Hun- ger nor Thirſt. Our Highlanders (which re of the Race of the Ancient *Brit- ains*, he mentioneth) to preſerve them rom Hunger and Thirſt, make much uſe of he Knobs upon the Roots of the *Karemyle*, vhich is the *Orobus ſilvaticus noſtras perennis, liquis propendentibus, radice tuberoſa*, of our earned Countrey-man Dr. *Moriſon; Hiſt:)xon:* The round Knobs have the Taſte of *Liquorice :* They keep it in their Mouth the igneſs of a Bean or Peaſe; they infuſe it too n the Water they Drink. and they make a)rink of the Decoction of the Knobs of it; n the ſtrength of this they can Travel and Toile.

Our own Hiſtorian *Hector Boeth* ſayeth, *f*) that the Ancient *Scots*, when they vent from home, carried always with them Maſs made up of Meal, Butter, Cheeſe, Milk and Vinegar, which in extreme Hun- ger they uſed, when they did want all o- ther

(e) *Dion Rom: lib.* 76 (f) *Hiſt: Scot:*

ther Provisions, and by sucking it they appeased their Appetite and sustained their Life; and this might be of great use to the Poor now and to their young ones in their Extremity.

It is usual for the *Highlanders*, when they are faint to drink some Water mixed with a little Oat Meal as a Restorative, and this is the best Cordial these poor People can use, who have long fasted, for it restoreth the Spirit, and doth not oppress their Stomach, and maketh good what the Poet sayeth (g).

Gurgite Puro
Vita redit, populis satis est fluviusq; Cereq;
Thus Meal & Water dying Life reviv's.

Hony is both Nourishing & restorative: We find in Holy Writ (h) *Ionathan* was quickly restored by the tasting of it, when faint. And *Pliny* observeth of it (i), That *Multi senectam longam mulsi, tantum natritu toleravere, neque ullo alio cibo.* And instanceth in *Pollio*, who exceeded an Hundred years & was then Vigourous.

In the great Scarcity that was in the Year 1674, many People in some places of this Countrey were sustained with the use only of the Root of the *Silver-weed* or *Maz-*

corn

(g) *Lucan:* (h) 1 *Sam. Ch.* 14. *Ver.* 27.
(i) *Plin. Hist: lib.* 22. *Cap.* 24.

rn boild in Milk, the Roots are ſweet, and o leſs pleaſant than *Parſnip-Roots*, and have binding and a ſtrengthening Quality, & ay be very good, where Faintneſs for Hun- er is accompained with a Flux of the Belly, it is in many now, & therefore this is re- ommended to them.

The People that inhabit the *Feroe Iſles*, at the great hollow ſtalks of the Garden *ngelica*, which are not yet grown to Seed; ey firſt pull off the out ward Rind, and en they Teare off the long Filaments, & at the reſt: They alſo in the time of earth uſe the Roots of it, inſtead of ther Victuals.

In the North, and in many other places f the Coaſt of this Countrey, People feed pon *Slacke*, that is, the *Sea-Lectuce*; they ake Broath with it, and ſometimes ſerve it p with Butter: It groweth upon the locks waſhen with the Sea.

Some of them Eat much *Dils*; the *Fucus Membranaceus Ceranoides* C. B. And ſome at that ſort of *Sea-Tangle*, called *Fucus Noſtras latiſſimus, Tenui Folio.* It is of a plea- ant Taſte betwixt Salt and ſweet; it's Eaten is a *Salade.*

Some make Bread of *Turneps*, *Parſneps*, and of the *Batatas* of *Canada.*

There is a sort of *Kale* which groweth wilde upon the Sands; *Brassica marina monospermos*; which is used by some for Food.

The Poor People make Broath of the *Charlock*; *Rapistrum Arvorum*, with a little Meal; and so they do with the common *Mallows*, and the small *Arrach* called *Myles*.

I shall first name the Plants, which grow Wilde, that are used in Food; and then those which grow in Gardens.

The Wilde Plants used in Food are,

THe *wild Beet*; it groewth by the Sea side.

The Herb *Mercurie*,

The [*Lappathum unctuosum*] or *English Mercurie*.

The Roots of the common *Couchgrass* or *Dogs Grass* called commonly *Quickens*

The *Goats Beard* [*Tragopogon*] both the Leaves & the Roots.

All the sorts of *Sorrell*.

The Lamb *Lectuces*.

The wilde *Cresces* in the water, & in the Meadows.

The *Ramsons*, or *Allium ursinum* Eaten with Butter.

The *Hony Suckle Tre-foile* eaten with Butter.

The Crow *Garlick*.

The *Eringo* Root.

The common wilde *Carrot*.

The *Earthnut*, or *Arnut*

The *Cloud Berry*, or *Averons*.

The Black *Whorts*, or *Bil-Berries*.

The Red *Whorts*; or Whirtle-*Berries*.

The marsh *Whorts*, or Moss-*Berries*
The Black-*Berrie*, or common Bramble-*Berrie*, & the Stone Bramble.
The *Red* Rasp-Berrie or Hind-Berrie.
Common Straw-Berries
The Juniper-Berries.
The Fruit of the *Hawtharne*.
The Slae, *prunus sylvestris*.
The Berries of the Heath
Crops of Heather.
The Swines Cresces
The several sortes of Brooklime, called Water-Purpie.
The common wilde Cherry, the Red & Black.
The smooth sucory or Hawkweed.
All the sorts of Scurvy-Grass.
The common Hazel Nut, some make Bread of it beaten to Powder.
The Sampire or *Crithmum Marinum*.
The Dande-Lyon.
The winter Cresces
The small water *Rocket*.
The common Hedge Mustard, or Bank Cresces.
The Hairie Hedge Mustard with uncut Leaves.
The great wilde Oat Grass.
The rough Oat Grass with more compacted panicles
Drank, or Oat Grass, with larger & more sparsed panicles.
Bearded wilde Oats, or Haver.
The Flowers of the Broom pickled.
The *Liquorice* Vetch
The Hawkweed.
The cutleavd wilde Lettuce.

The

The great Birdfoot Trefoil.
The ſmall codded Trefoil.
Common *Cowheat*
Water Mint.
The greateſt *Catmint*.
Treacle Worm ſeed.
Wilde Cicily or the *Mirrhis ſylveſtris, ſeminibus lævibus.*
Small Hemlock Chervill with rough Seeds
The Roots of the *Orchis* or *Satyrion.*
The Dog-hipp.
The tender tops of the Bourtree.
The tender tops of the Gooſe-graſs.
The wilde Time.
The water parſnep.
The ſmooth ſow Thiſtle.
The wilde ſervice-tree-Berries.
The wilde Tanzie.
The water Caltrops.
The Treacle Muſtard.
Common wood Sorrell.
The common Vetch or Tare.
The ſtrangle Tare.
The tufted Vetch.
The Buſh Vetch.
The tender tops of the common Nettle
The chichling Vetch with a purple and blew Flower.
The ſmall hairy Vetch with ſmall red flowers.
The tender Buds of the Reſt Harrow.
The Accorn of the Beech, thought to be the food of the Ancients. It is ſweet and may be yet uſed for food.
The Accorn of the Oak, and the Berry mixed with the Silverweed; of good uſe in the flux
The Birch Tree pierced affordeth a wholſome drink.

The

The great Mapple, cal'd by our People the Plan tree peirced likewiſe, affordeth a juice which is drunk and quencheth thirſt.

The Maſterwort or Baſtard pellitorie of *Spain* a bit of the Root of it chewed, is good againſt thirſt

The Carline thiſtle a bit of the Root of it chewed, is good againſt Thirſt.

The Redcole or *Raphanus Ruſticanus* is fit to be eaten with fiſh.

The water Radiſh is nouriſhing.

The hot Arſmart or Hydropiper may ſupply the want of Peper.

A Reſtorative Cordial:

Take of *Earthnuts*; the knops of the *Karemile*, Roots of Angelica, Roots of Silverweed, Juniper Berries, Bourtree Berries, of each an handfull, make a Powder of them, and with a ſufficient quantity of Houſney and a Dozen yolks of Eggs, a Paſte may be made; a little of this taken alone or, with Water, will relieve in fainting.

Of Garden Plants.

The Gardenrie was the firſt Employment man had. and of all Employments, furniſheth moſt for the neceſſities and pleaſures of Life. It were to be wiſh'd that the meaneſt People had a Kitchen Garden, out of which they might be ſupplied with ſome ſort of

Food

Food every Month in the year: There is no ground but with a compoſt of Earth, with Ditching and fencing, might be made fit for that. This would be a reſerve for bad years, and might (by what it would affoord) prevent much of the Dearth. I ſhall mention what may be got out of the Kitchen Gardens, that may ſupply the want of Corn and *Legumes* in the field.

The Rounceval Peaſe
The Roſe Peaſe.
The Egg Peaſe
The Sugar Peaſe.
The white Kidney Bean.
The Red Kidney Bean.
The everlaſting Peaſe
The white winged wild Peaſe
The common Lentiles.
The Turky *Beans.*
The old Greekiſh Bean
Several ſorts of Lupins
Liquorize.
The common Onion.
The Eſchallot
Common Garlick
Vipers Garlick
Great Turky Garlick
The broad leav'd yellow Moly.
Narrow leav'd white flowr'd Molly.
The common Leeks.
The Cives.
The great Squil or Sea Onion.
Rampions
Turnep.
Niep.
The Radiſh.
Beetrave.
Scorzonera.
Battatas of Canada.
Battatas of Virginia
Skirrets or Crummocks. Gar-

Garden Parſnep.
Carrots of all ſorts.
Garden Parſly.
Garden Colewort.
Red Colwort.
White Cabbage.
Red Cabbage.
Savoy Cole
Colie Flower.
Garden Creſces.
Indian Creſces.
Garden Beet.
Spinach.
Garden Lectuce.
Garden ſorrel of all ſorts.
Cichorie.
Endive.
Marigolds.
Smallage.
Common chervil
Myrrh.
Tanzie.
Garden Mint.
Coſt-Mary.
Sweet Marjoram.
Roſemarie
Thyme.
Summer Savory.
Winter Savory,

Borage.
Buglos.
Purpee.
Garden Burnet
Aſtragon
Seleri.
The Cucumer.
The Pumpion.
Muſtard.
Finkle.
Aniſe
Cumin
Coriander.
Dill.
Aſparagus
Hopps.
Artichoke.
Apples. Of theſe beyond-Sea they make a Pap, which ſerveth for Meat to the Countrey People in Winter; and Cyder is made of them.
Pears, of which Peary a good Drink is made.
Plums of ſeveral ſorts
Peaches & Apricocks

Chir-

Cherries	Grapes.
Walnuts.	White Raſpberres.
The Filbert-Nut	Dew Berries.
Berberies, *Rizers*	Gooſ-Berries.

CHAP. II.

Of Fleſhes which may ſupply the want of Bread *in time of* Dearth *and* Scarcity.

MAnv of the Northen People uſe Fleſh for Meat without Bread. Some uſe *Deers* Fleſh dryed, & made up with the Bark of the *Pyne* for Bread; for Fleſh being of much Nouriſhment, ſupplyeth the want of Bread. The Highlanders in *Scotland* Eat very littleBread,& live moſt upon Broath made with Fleſh: Our Neighbours in *England* Eat not by the halfe ſo much Bread as we do, but for that even thoſe of the meaneſt ſort Eat much Fleſh & Bag-Pudden, made with Marrow, Egges, Flower and other Reſtoratives. It were fit our Oat-Meal-Bread were baken with Butter and watered with Yolks of Eggs,then a leſs quantity thereof would ſerve the turne.

The moſt Nouriſhing are the Fleſhes of *Cows*, *Sheep*, and *Goats*, the Milk of thoſe, may well ſupply the want ofBread, the Whey and Sour-Milk ſerveth forDrink, and the Creàm,Butter and Cheeſe make a plentifull Table. plenti-

The meaneſt People in ſome places make uſe of the preſſed Curds for Bread.

In the Highlands, they oft bleed their Cows and fry the blood with a little Meal and Sorrel; which is a nouriſhing diſh to them.

The People in the *Feroe Iſlands* preſerve the Tallow of the Beaſts they kill, and uſe it as Butter in Meat.

The Milk of Mares and Aſſes is nouriſhing. A delicate diſh is made of the Horns of the Deer, while they are ſoft, and the old Horns of the Deer raſped and boiled in Water make a roſtorative Gelly.

In ſome places the Countrey People eat the Fleſh of *Otters*, and ſome eat young Foxes, and think they are good Meat.

Young *Cats* both Wild and Tame are eaten in *Italy* and elſe where and eſteemed very good Meat.

The *Mole* or *Modewart* is eaten.

The fleſh of the *Con* or *Squirel* is eaten.

The Fleſh of the *Mertrick* is eaten.

The *Tartars* who uſe no Bread, bleed their Horſes, and eat the Blood with Mares Milk, and moſt of their food is Horſe Fleſh; and the tongue of the Horſe is thought by ſome to be delicate Meat.

Ferrets, Whittrets and Weaſels are eaten: Yea the Dogs are fatned and ſold in the Mercats of *China* for meat.

The Vipers are eaten when the head is cut off and thrown away. Our Adder is of the Viper kind.

The hinder legs of the Paddocks of a yellowiſh colour are eaten, and taſte well and nouriſh.

Snails were a great diſh among the *Romans*, and are yet much uſed in *Italy*.

The *Selch* is eaten by our People in the Iſles and they Salt the fat of them and eat it in the *Feroe Iſlands*.

There are a vaſt number of Fowls which frequent this Countrey which are all of them eaten by ſome people, of theſe ſome are Land Fowl, ſome Water Fowl, and ſome of theſe frequent the freſh Water, ſome frequent only the Sea.

Of the Land Fowls.

Of the Carnivorous *are Eaten.*

The Glad, the Ringtaile, the young Crowes, the Kae, the young ones of the Cuckow, the young ones of the Owle, the Jay, the wood peakers.

Of theſe that eat Grain or Berries.

The Quail, the Corncrek, the Burſtard, the common Pigeon, the Ring Dove, the Stock Dove, the Lark, the Wood Lark, the Tit Lark, the Wren, the Stone Chatter, the White Water Wagtail, the Yellow Water Wagtail, the Ox Eye, the Houſe Sparrow, the Field Sparrow, the Cock of the Wood, the Black Cock, the Ptarmigan, the Moor-

White

fowl, the Black bird, the Fieldefare, the Wind Thruſh, the Sterling, the common Houſe Swallow, the Sand Martin, the Black Martin, the Titling, the Redſtart, the Robin Redbreaſt, the Green Finch, the Bullfinch, the Croſs Bill, the Shoulfall or Snowfleck, the Common Linet, the Bunting, the Goldfinch, the Thiſtle Cock, the Yellow Yeldring.

The Water Fowl, eaten are.

The Crane, the Bittern, the Woodcock, the Curliew, the Stinte, the Green Plover, the Dotterell, the common Water Hen, the Coot, the Tame Gooſe, the Wild Gooſe, the Ember Gooſe, the Tame Duck, the Teale, the Albanok, the Auk, or Scout, the Puffin, the Gooſander, Several Divers, the ſmall Loon, the greateſt Loon, the great Black and White Gull, the Pictarnie, the Garefowl, the Sea Coulter, the Cockandye, the Badoch, the common Heron, the Spoon Bill, the Snipe, the Redſhank, the Lapwing, the Gray Plover, the Sea Lark, the Water Rayle, the Swan Tame and Wild, the Dunter Gooſe, the Skeeling Gooſe, the Clack Geeſe, the common Wild Duck, the Ateal, the Eider Duck, the Sea Turtle Dove, the Solan Gooſe, the Cormorant, the Shag, the Lumme, the Kitiwake, the Herring Gull, the Sea Maw, the Sea Pyot, the Taſter, the Lyre, the Tyſte, the Harle.

The

The Eggs of all Fowls, and the Eggs of all Birds are much nouriſhing. The People of the *Iſles* live much upon Eggs. The Turkies or Peacocks Eggs, are more or leſs nouriſhing.

CHAP. III.

Of Fiſhes that may ſupply the want of Bread.

Strabo, (*k*) the famous Geographer, writing of *Ariana*, gives an Account of ſome People that live there, whom he calleth *Ichthyophagi*, *i. e.* Eaters of Fiſh, for that they and their Beſtial live upon Fiſhes. They bray the dry'd Fiſhes and make Bread of them, by mixing a little Flour with them. Some dry them in the Sun; ſome dry them in Ovens; and they eat ſome raw. Saint *Hieron.* ſays of the *Ichthyophagi*, (*l*) *Solis Calore ferventes aſſant piſces, & hoc ſolo alimento victitant.* Many Northern People, and ſome in our *Iſlands*, uſe Fiſhes dry'd in the Wind: There, and in the *Feroe Iſles* which ly next to them, they have Wind-houſes for that purpoſe: They have half Deales faſtned on the Sides, two Fingers breadth from each other, that the Air may blow through and dry the Fiſh, which are dryed in theſe Houſes without Corruption, and are afterwards tranſported from thence to the remoteſt places. Thus God in his Mercy hath provided for the Neceſſities of theſe People, who

(k) *Strabo Geogr. Lib.* 15. (l) *Hieron. adverſ. Jov.*

who are ſcarce of Victual. We are well provided every where with Fiſhes; I ſhall name theſe which are eaten, and give the Names the Fiſhers give them, becauſe theſe are beſt underſtood by the Common People.

Some of our Fiſhes are only found in the Sea; ſome frequent both the Sea and the freſh Water; and ſome are only found in freſh Waters.

Of the Sea Fiſhes.

The moſt uſefnl, both for our own Uſe and for foreign Trade, are the *Herrings*, and theſe which are of the *Cod* kind.

Of the Herring *kind, we have.*

The ordinary Herring in great plenty. The *Craig Herring*, which are larger than the common, the *Pilchard*, the *Gervies*, the *Anchova*, or *Skeddan*.

Of the Cod kind, we have.

The *Cod* or *Killing*, the *Ling*, the redware *Codling*, the *Podley*, the *Colmanſeeth*, the *Tuſk*, a delightful Fiſh; the common *Whiting* fiiſh a broad *Whiting* with a Beard (as they call it) under the Chin, a ſmall ſort of *Whiting*, the *Seath* full grown 2 to 5 in length, the Queich, the ſame fiſh two years old; the Billach, the ſame one year old. we have other Fiſhes, which are Imployed in Trade. We have the *Sword* Fiſh Ten Foot long beſide the Sword, which is an Ell long. The *Sturgeon*, the *Sea-Cat* a well taſted Fiſh, which liveth on ſhell Fiſh.

Of

Of the Skait and Flook kind which are eaten, we have.

The common *Skait*, the *Thornback*, the *Turbot flook*, the freſh water *Flook*, the *Mayock Flook*, the *Debb*, the *Dinnen Skait*, the large ſort of *Flook* ſometimes two Ells broad, the *Bonnet Flook*, the *Sole Flook*, the *Craig Flook* the *Plaice*.

Of Sea Eels, *we have.*

The longer, Heaw *Eel*; ſometimes two ells long, ſometimes two ells and a haſf, and as big as the Braun of a Mans Legs. Some of our Neighbours dry theſe, and make meal of them, which they ſell beyond Sea, A leſſer ſort of them called *Elvers* The *Sea-Lamprey*. We have of the Round Fiſh, the great Horner: the leſſer call'd the Needle Fiſh. *Of the Tonny kind*, we have

The *Spaniſh Makrel*, which is carried abroad and employed in Trade. *A leſſer ſort of Tonny*. The ordinary *Mackrel*, and the *Horſe-Mackrel*, the ſtoor Salmon, two ſorts of them which differ in their *Finns*, they are good Meat: Of them was lately caught in he Firth and brought to this Place.

The *Spirling*, the *Breſſie*, the *Mallerthum*, the *Gaudnie*, the *Guffer*, the *Butter* Fiſh, the Burbee, the Ston Fiſh, the Pogge, the Sea Scanger, the Hardhead, the Sea Pearch, the Carling fiſh, the Layde, the Baivee, the Sea Adder, the Lythe, the Blokan, the Weaver, the Sea Carp, the Baſe, the Kingervie

ie or Sea Toad, the Sea Bream, the Sand Eel, the Hake, the Cock-padle, the Huſh-padle or Baguaty, theHeckleback,the gray Gurnawd or Croner,the red Gurnard, the Braſſe, the Greenbone, the Hirling, the Skate-breid, the Bayin, the Muckcraig, a green Fiſh of the kind call'd Turdus.

Of the Dog kind that are Eaten, we have

The Shark, the Pillock, the Pyked Dog, he Marmaid, the ſmooth Dog.

Of the Whale Kind.

The Fleſh of the Whales is eaten by the People of the *Iſles*. Of this Kind we have ſuch as are uſeful for Trade too.

The Sperma Ceti whale, of two ſorts, he Baleen-Whale of two ſorts, the Gramus, the Meerſwine, the Mizenmen, the Por peſſe.

Of the ſoft Kind of Fiſh, we have that are eaten.

The Cuttle Fiſh, the Hoſe or Anchor Fiſh, of two ſorts.

Of the Cruſted Fiſhes which are eaten, we have.

The Prawnes, two ſorts, a bigger and a leſſer, the Chuck, the Kairle-Crab, the Boulſter-Crab,the Sheer-Crab, the Harper-Crab, the Lobſter, the Sea Locuſt, two ſorts; the Wrong Heir, the Kavie.

Of the Shell Fiſh which are eaten, we have theſe of one Valve.

Lempits of ſeveral ſorts, Buckies, Wilks of ſeveral ſorts, the Sea Ear.

Of

Of two Valves eaten we have.

The Telline, the Oiſter, the Gaikie, the common Muſcle, the Horſe Muſcle, the Pearl Muſcle, the Fiſh is called Unions; good meat: the common Cockle, the black Cockle, the Dake Fiſh, Clams rough and Smooth, of leſſer Clames a great variety.

Of Fiſhes of many Values we have

The Pholas, the Balanus, the Bernacles.

Of Zoophites eaten.

The Sea Nettle, the bigger and leſſer; the Tethya or Sea Snail, the Mother *Lempits.*

Of freſh Water Fiſhes eaten we have,

The ordinary Trout, the Salmon Trout, the Salmon, the Gray Trout, the Camdue the Breame, the Vandeles, the Gevandeſes, the nembling Skeal, the Cuddin, the Pike, the Pearch. the common Eele, the Lampre, the Bleis, the Minow, the Bonſticle, the Loch, the Poan, the Horn Eele, the Bramler.

There are many more: I have ſet down, theſe of which I had an acconnt from the Fiſhers.

Thus we ſee God hath plentifully provided for the Poor, with what may ſuſtain them in the greateſt ſcarcity and dearth of Victual; if they will put out their hands and take it. And make uſe of the Art and Induſtry which is neceſſary.

FINIS.

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